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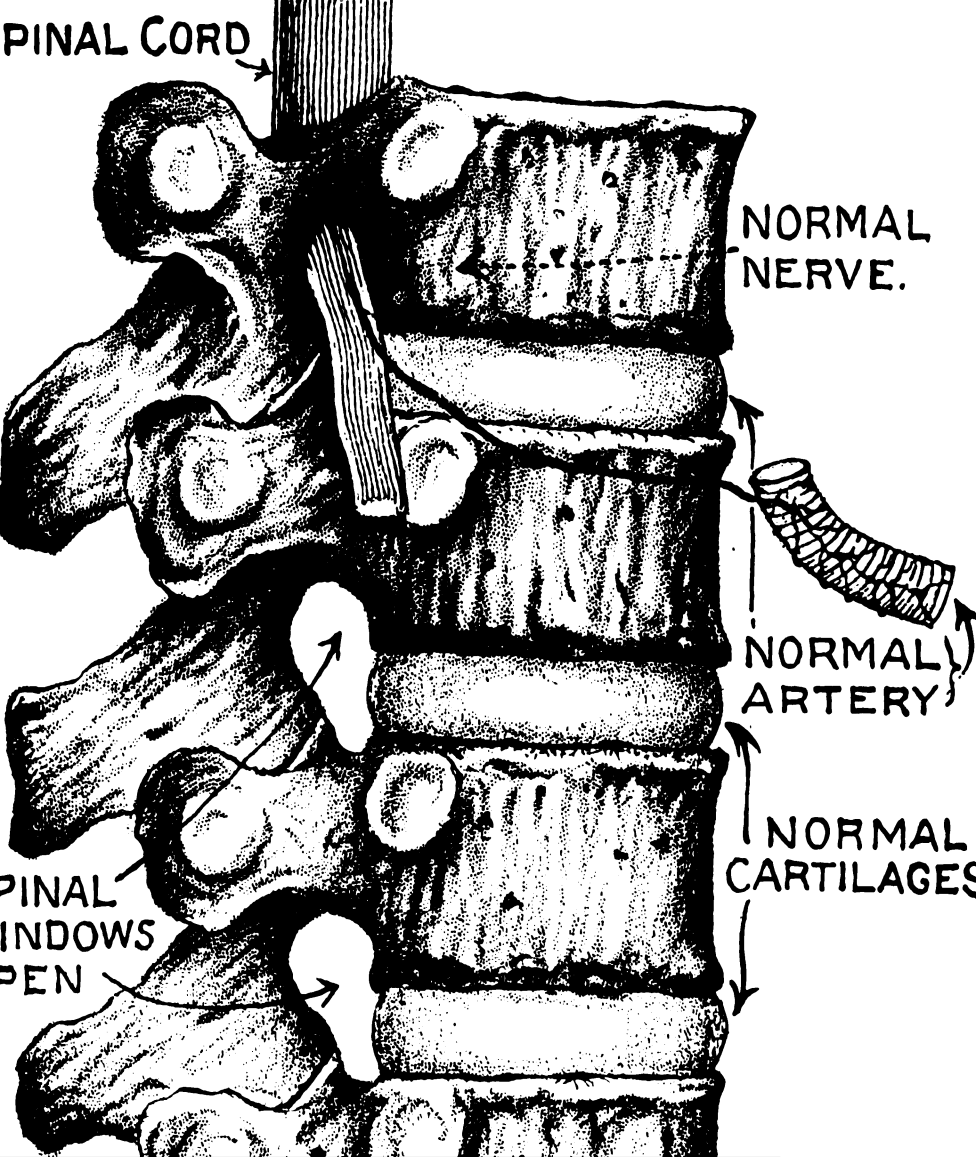
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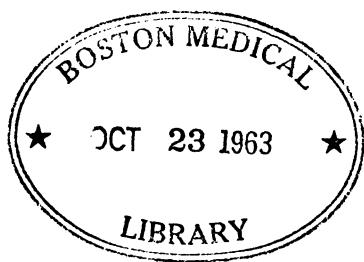
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*How to keep well and live long*

S. C. Matthews



t. 925

See...



# **How to Keep Well**

**AND**

# **Live Long**

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**FOURTH EDITION**

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# CONTENTS

CHAPTER	PAGE
I. PREVENTIVE SCIENCE .....	8
II. NEWLY DISCOVERED FACTS AND PRINCIPLES WITH REFERENCE TO THE NERVES .....	9
III. THE NEW METHOD OF EXAMINATION AND TREAT- MENT .....	20
IV. PAIN AN IMPERFECT INDICATOR OF BODILY CON- DITIONS .....	35
V. HOW TO INCREASE OR DECREASE THE WEIGHT....	47
VI. THE PREVENTION OF TUMORS AND OPERATIONS ....	51
VII. GENERAL RULES FOR THE PREVENTION OF DISEASE	56
VIII. GENERAL REMARKS .....	73
ADDENDUM—THE DISEASES OF YOUR FATHER AND MOTHER POINT TO YOUR WEAKEST PART.....	76

## CHAPTER I.

### Preventive Science.

Facts have recently been discovered which throw a wonderful new light on the subject of **INDIVIDUAL** diseases—not only on the subject of curing them, but upon the greater work of **PREVENTING** them.

All diseases may be divided into two grand divisions, (1) Epidemic, (2) Individual.

**EPIDEMIC** diseases are those which are contagious, such as

Smallpox,	Yellow Fever,
Cholera,	Diphtheria, etc.

**INDIVIDUAL** diseases are those which are not contagious, such as,

Nervousness,	Pneumonia,
Rheumatism,	Goiter,
Sick headache,	Gall stones,
Apoplexy,	Sciatica,
Paralysis,	Bright's Disease,
Heart Disease,	Asthma,
Indigestion,	Catarrh,
Constipation,	Fits,
Pain in back,	Lumbago,
Tonsilitis,	Piles,
Poor circulation,	Typhoid fever,
Neuralgia,	Eyes, ears, joints, etc.
Consumption,	



Modern science has made wonderful progress in the work of dealing with epidemic diseases, especially in preventing them, and the great object now is to accomplish similar results in dealing with Individual diseases.

In former times, smallpox, cholera, yellow fever, etc., were the terrors of civilization. These epidemics swept over the world every two or three years, slaying their victims by tens of thousands. The death rate often was so great and it worked so rapidly that the dead had to be buried in trenches as on great battle-fields. Cities were almost depopulated. All efforts of physicians to find a cure proved futile, and it seemed that the world would always be helpless against these attacks. This belief was especially strong in the minds of many who held to the superstition that these epidemics as well as all other diseases were sent by Providence, and consequently all efforts of man to cure or prevent them would always be unavailing.

Fortunately for humanity, however, there were some who did not share in this superstitious belief. There were some who believed that epidemics were not sent upon man by Provi-

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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dence, but were *EFFECTS* following specific *CAUSES*, and that if these causes could be found and prevented, the epidemics would not occur.

Holding to this scientific view of the question, a few brave men studied, worked and experimented, and finally in one epidemic disease after another proved by demonstration that the cause-and-effect theory of disease is correct.

They demonstrated, for instance, that the cause of smallpox is a specific poison, and that prevention of the scattering of this poison prevented an epidemic of the disease.

All epidemic diseases have been found to be caused by some form of poison, and the work of preventing these diseases requires only the prevention of the scattering of the poison which produces them. Hence the passage of laws for isolation, quarantine and other public sanitary measures throughout the civilized world, their strict enforcement, and the almost complete prevention of all those epidemic diseases which in former times were the scourges of the world.

PREVENTIVE SCIENCE therefore was originated when it was demonstrated once and

### *Addendum.*

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for all that disease is not sent by Providence, that it is not the result of fate or chance, but that it is a definite *EFFECT* following a definite *CAUSE* and that disease can be prevented.

And yet while the work of prevention was shown to be possible, reduced to a science and practically applied in preventing epidemic diseases, the question of preventing that other great class of diseases known as *INDIVIDUAL*, not only remained unsolved, but little or no progress was made with it until recently. The reason for this is found in the fact that while both epidemic and individual diseases are *EFFECTS* following *CAUSES*, the causes in the two divisions are radically different.

Epidemic diseases are caused by specific poisons and their prevention is the work of preventing the generation and scattering of the poisons which produce them.

Individual diseases have recently been found to be caused by *PRESSURE ON NERVES*, and this discovery of their cause makes these diseases also preventable, and so broadens the principles of *PREVENTIVE SCIENCE* as to include within it all diseases, both epidemic and individual.

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Scientists now see that disease is altogether unnatural—death from disease being as unnatural as death by drowning or accident. A child is born; a certain number of years brings it to maturity, and a certain number of years more brings it to the point we call death, which should come to all, as it now comes to the few—without a moment's sickness.

We hear now and then of a man or a woman ninety or one hundred years of age, in the full possession of his or her faculties going to sleep in a chair and dying thus, without pain and without any kind of disease. This is the natural death. It is the kind of death to which all human beings are entitled. It simply means that the cycle of life is finished.

While the work of preventing INDIVIDUAL diseases has only begun, on account of the fact that their causes were not heretofore known, wonderful progress already has been made along this line and an enumeration of the diseases which have been prevented and are now being prevented would practically include the whole list of INDIVIDUAL diseases.

Nervousness, rheumatism, apoplexy, heart disease, pneumonia, paralysis, diseases of the

## *Preventive Science.*

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stomach, liver, bowels, kidneys, sexual organs, eyes, ears, throat, skin, circulation, etc., have all been prevented in numerous cases, and the work is being extended to greater and greater numbers each day.

How it can be told that this or that organ or part is about to be attacked by disease, and how the attack is prevented, is found in the study of those *CAUSES* which recently have been discovered, the principles of which are set forth in the following pages.

## CHAPTER II.

### **Newly Discovered Facts and Principles with Reference to the Nerves.**

Currents of electricity flow through your nerves.

These currents are the life of your body and so long as they remain perfect you will live and remain well. When they become imperfect, however, your health will become impaired and when this imperfection reaches a certain degree you will die.

Your nerves are like threads, strands or cords. They are composed of two parts, the outside or sheath—a tough, elastic substance—and the inside or axis-cylinder—a soft jelly-like substance.

The brain generates the electricity which runs your body and it is conducted from the brain to the various organs, glands, muscles and parts by this jelly-like axis-cylinder on the inside of your nerves.

Each nerve under normal conditions, whether it be a thread, strand, or cord, conducts and transmits one hundred units of electric power from the brain to the part to which the nerve goes.

*Newly Discovered Facts and Principles with Reference  
to the Nerves.*

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While the amount of electricity represented by a unit varies with the size of nerves, still each nerve, when in perfect condition, transmits one hundred units of power—that is, one hundred per cent. of power. All of anything is one hundred per cent. of it. Therefore, all the electricity which any nerve can transmit, whether it be a nerve thread no larger than a hair, or a nerve cord as large as a lead pencil, is one hundred per cent.

The one hundred units, or the one hundred per cent., simply means normal *QUANTITY* for any given nerve.

In dealing with this new science there is one word of vast importance and that is the word *QUANTITY*.

If the normal condition of the soft jelly-like substance on the inside of a nerve—the axis-cylinder—is disturbed, that nerve becomes at once unable to transmit its normal *QUANTITY* of electric power.

For instance, if the nerves running from the brain to the heart be cut in two, the heart stops at once and death follows. But if these same nerves be grasped between the blades of a pair of steel pincers and *SQUEEZED* with sufficient tightness to disturb the condition of the axis-

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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cylinder, the heart begins to show signs of distress, the pulse becomes weak, and in time, if the pincers be not removed, the heart stops and death follows just as if the nerves had been severed.

**SQUEEZING** the axis-cylinder of a nerve obstructs or cuts off altogether the electric current flowing through it and weakness or death of the part to which that nerve goes follows.

Cut the nerves running from the brain to the muscles of the leg and the leg becomes paralyzed. Squeeze these nerves as before described and paralysis also follows.

Cut the nerves running from the brain to the kidneys and these organs at once cease to perform their function. Squeezing the same nerves is followed by the same result.

These and hundreds of similar experiments have been made on animals by means of vivisection and they prove two of the most important facts that have been brought to light in modern times for the cure and prevention of disease.

1. The electric power which runs the body is generated in the brain and flows out to all the various organs and parts through the axis-cylinder of nerves as stated.



*Newly Discovered Facts and Principles with Reference  
to the Nerves.*

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2. In order that any organ or part may receive its normal QUANTITY of electric power, the axis cylinder of the nerves connecting it with the brain must be free from PRESSURE.

While severed nerves are extremely rare, occurring only in cases of severe injury, *squeezed nerves* are of the most common occurrence, causing more sickness and death than all other physical causes combined.

The squeezing of the nerves which is of such common occurrence and followed by such disastrous consequences, is usually found at the joints of the spine. These joints, twenty-four in number, are SWITCHES through which the nerves pass from the brain to the heart and other vital organs and parts of the body. So long as these switches remain fully open the nerves pass through them unhampered. But any tightening, turning, closing, or other imperfection of a joint will result in catching the nerve where it passes between these bones, and squeezing it. The effect is just the same, owing to the hard substance of bone, as if the nerves were squeezed by a pair of pincers.

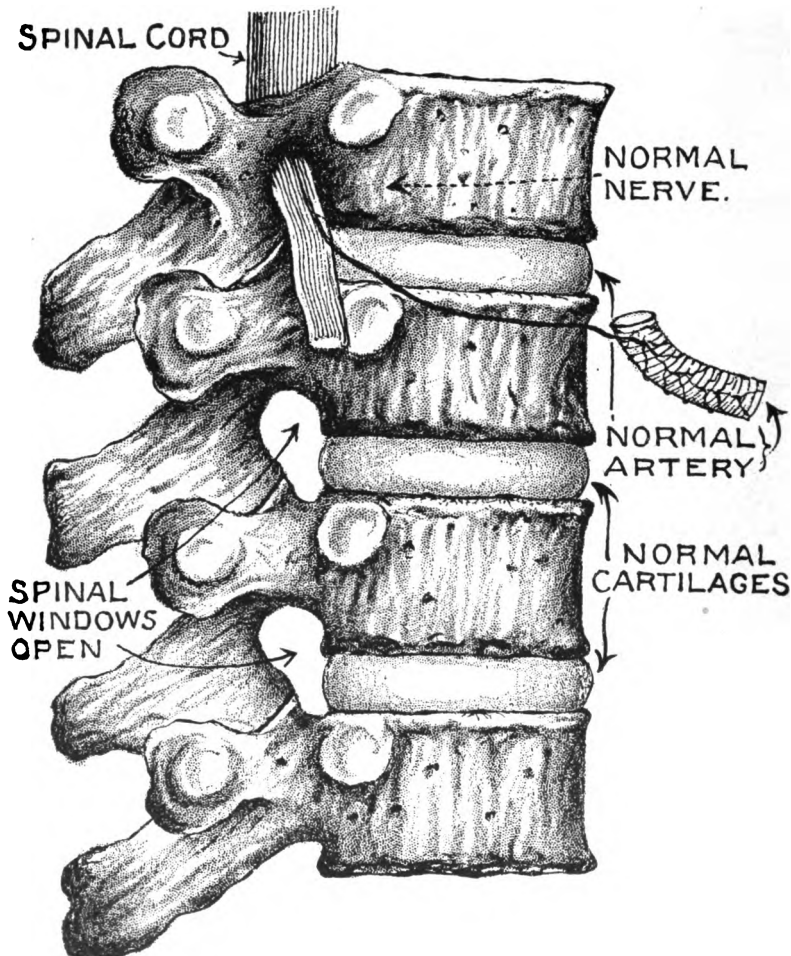
These joints of the spine are the most peculiar joints in all the world—peculiar because a thick,



## PERFECT SPINAL JOINTS

—the kind that goes with full height, perfect nerves, perfect circulation and perfect health.

In this drawing the cushions or cartilages which hold the bones apart are normal in thickness, keeping the spinal windows fully open, and thus allowing the nerves to pass freely through them. These are the kind of spinal joints which insure health and long life.

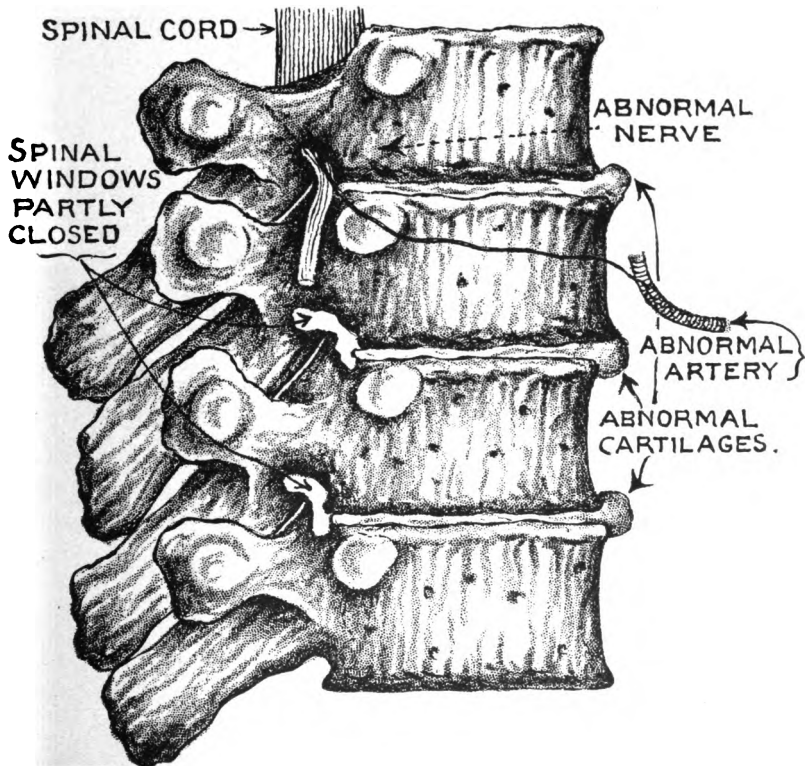


## IMPERFECT SPINAL JOINTS

—the kind that goes with the stiffness of age, decreased height, squeezed nerves, imperfect circulation, weakness and general ill health.

This drawing illustrates the condition spinal joints get into, where the spine receives no attention. There is a constant tendency of the tissues which bind the bones of the spine together to contract, thus pulling the bones closer together than they should be, or out of their true alignment. This compresses the cartilages, pinches the nerves and makes for disease. Each of the cushions must be kept normal in thickness, the spinal windows must be kept open, and the nerves free, or disease of some part must follow, depending upon the joints which become tight or imperfect. Your spine as well as your teeth must have attention from time to time if you would be healthy and live long.

See to it that your spine does not become stiff. A stiff spine is the forerunner of disease.





*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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spongy *cushion* enters into the construction of each of them.

These cushions resemble spongy, porous rubber. They are normally about one-fourth of an inch thick and make up about one-twelfth of the height. If you are five feet six inches tall and in perfect condition, about five and one-half inches of your height is due to these twenty-four CUSHIONS placed between the bones of your spine.

These cushions when in perfect condition perform two important offices.

1. They make possible the varied and complex motions of the spine.

2. They prevent the nerves from being squeezed at the spinal joints, by holding the bones of the spine apart.

It is to these cushions you owe your grace of body, your power to bend, to turn, and to twist your neck and back. Were it not for these cushions your spine would be stiff and practically immovable.

Again, you owe not only your grace of motion, but also your health and even your life to these cushions. They stand at the gateways of life, so

to speak, and determine by their **CONDITION** whether these gateways shall be open or closed. They determine by their **CONDITION** the set of the electric **SWITCHES**. They determine by their **CONDITION** whether these **SWITCHES** shall be open, allowing the electric current to flow freely through them, or whether they shall be partially or fully closed, **OBSTRUCTING** or cutting off entirely this current that is life.

Each joint of the spine is a *CUSHION-JOINT* and a *CUSHION-SWITCH* combined, in which the perfect condition of both depends upon the perfection of the cushion.

It has long been known to scientists that everyone is a little shorter at night (about one-eighth of an inch) than in the morning. It has also long been known to scientists that people, generally speaking, are slightly shorter when they are sick than when they are well, and also that old people who are weak are often as much as one inch or even two inches shorter than when they were in perfect health in the prime of life.

These facts have been matters of common knowledge for more than a century and yet no one until recently, ever saw in them anything of

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a practical nature. It is now found, however, that they have a most wonderful meaning, and point to the solution of the great problem of health as accurately as Franklin's experiment of one hundred years ago pointed to wireless telegraphy.

This decrease in height during the day, during chronic illness and also among the old who are weak, is due entirely to the compression of the cushions of the spine.

It should be noted that the change in height is always a decrease. The cushions of the spine never become THICKER than normal. It is their becoming THINNER than is normal, from compression, that causes the decrease in height. This it is, too, which partially or fully closes the switches of the spine, obstructing or blocking entirely the electric current flowing through them from the brain and causing weakness, sickness, or death.

You will never be *TALLER* than normal. But you will be *SHORTER* than normal if you allow any of the cushions of the spinal joints to become compressed, and your health will become impaired, in the same proportion.



*Newly Discovered Facts and Principles with Reference  
to the Nerves.*

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Danger lies not so much in compressing all the twenty-four cushions slightly as in compressing one, two or three cushions greatly.

The process of compression being gradual and generally not attended by pain, a person may have one or several of these cushions badly compressed even to the point of causing death, and know nothing about it. This explains why such a great number of men and women who are supposed to be in perfect health drop dead from heart disease, apoplexy, etc.

Through a certain number of these cushion-switches of the spine nerves pass on their way from brain to heart. If one or more of these cushions becomes compressed the switch gradually closes, and gradually cuts off the electric power flowing from the brain through the nerves to the heart. When this "cut off" reaches a certain stage the heart stops and death follows, due entirely to the squeezing of one or more nerves between the bones of the spine as if it were done by a pair of pincers, as before described.

The heart itself may be sound and able to do its work for thirty years longer. The brain may be sound and able to generate elec-

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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tricity to run the body for a like period of time, but a cushion which should be one-fourth of an inch thick becomes compressed to half that thickness and as a result of this a nerve is squeezed, the electric current flowing through it is obstructed and the heart stops when it fails to receive the minimum **QUANTITY** of electric power required to run it.

Perhaps all the intimation the person ever had that his heart was not receiving its full **QUANTITY** of electric power was a little shortness of breath in climbing stairs or running for a car.

The principles here described apply not only to the heart but to all the internal organs. Through other cushion-switches of the spine nerves pass on their way from the brain to the bronchial tubes and lungs. Pinching or squeezing any of these nerves means first, weak lungs, then diseased ones—the **CONDITION** which precedes and makes possible bronchitis, pneumonia, consumption, etc.

Through other of these cushion-switches nerves pass on their way from the brain to the stomach, liver, bowels, etc. Pinching or squeezing any of these nerves means first, indigestion, inactive liver, constipation, etc., and then ulcera-

*Newly Discovered Facts and Principles with Reference  
to the Nerves.*

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tion of these organs, preparing the way for typhoid fever and many other fatal diseases to which the digestive organs are subject.

Through other of these cushion-switches nerves pass on their way from the brain to the kidneys, bladder and sexual organs. Pinching or squeezing any of these nerves means first, weak kidneys, weak bladder, weak sexual organs, etc., preparing the way for the long list of diseases which attack these parts of the body.

Through still other of these CUSHION-SWITCHES the nerves pass on their way from the brain to the eyes, the ears, the arms, legs, etc. Squeezing means weakness, then disease of these parts. So it is throughout the body. To prevent squeezing the nerves as they pass through the joints of the spine, these joints must be perfect. The cushions which hold the bones apart must be normal in thickness, and all the spinal bones themselves in their true position. In a word, *the spine must be perfect*. Moreover, all other parts of the body must be in their true position. Because, while pressure on the nerves most generally occurs in the spinal joints, it can and often does occur elsewhere along the course of the nerves. Rigid muscles or ligaments, ribs and

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other bones drawn slightly out of perfect alignment, as well as an imperfect spinal joint, may obstruct the current flowing through a nerve.

The great problem, therefore, of curing disease is a problem of tracing the nerves from whence they start in the brain to where they end in the various organs and parts of the body, and seeing to it that they are free from pressure throughout their course—capable of transmitting their normal QUANTITY—their full one hundred units—of electric power.

**NOTE:** It should be understood that the brain must generate all the electricity which the body uses. Artificial electricity, which is generated by machinery or in batteries and thrown on the body, cannot be used by it to any permanent advantage. The body must make its own electricity, the same as it makes its own hair, its own nerves, etc.

### CHAPTER III.

## **The New Method of Examination and Treatment.**

The new theory given in the foregoing pages, viz., that the **PRIMARY CAUSE** of disease is **PRESSURE** on nerves, establishes an entirely new procedure in the cure and prevention of disease, and makes necessary not only a new method of **EXAMINATION**, but also a new method of **TREATMENT**.

The health problem is now seen to be not a problem of drugs but a problem of *MINUTE MECHANICS*. I say *MINUTE* mechanics because, while the electric wiring of the body is disturbed in sickness and ill health, that which disturbs it is usually not merely a mechanical defect but a mechanical defect *EXCEEDINGLY SLIGHT* or *MINUTE*. So slight, so minute, in fact, are these mechanical defects, that they are generally unsuspected by the patient and can only be detected by scientific methods recently brought to light.

We have seen that nerves are threads, strands, or cords and can transmit their full one hundred units of electric power from the brain to the part

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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to which they go only so long as they are free from PRESSURE throughout their entire course. We see, therefore, how very slight may be the defect in the position of a bone, or the tension of a muscle or ligament which would SQUEEZE one of these nerve threads, strands, or cords and obstruct the electric current flowing through it so that the part to which the nerve goes would receive ninety units, eighty, fifty, or at least a diminished number of units of power instead of its full one hundred.

*SLIGHTLY! MINUTE!* As soon as one realizes the full meaning of these words as they apply to the electric wiring and mechanics of the body he begins to see a new philosophy as to the *CAUSE* and *CURE* of disease.

Until the CAUSE of a diseased condition is known, any treatment given to cure it is the merest guess work.

Lacking a knowledge of the CAUSES of disease, the doctor of the ancients sought to cure by waving his wand over the sick, by charms, incantations, etc. And likewise, the modern doctor, lacking a knowledge of CAUSES, has had his patients swallow scores of drugs, most of them not only useless but positively injurious,

inflaming the delicate linings of the internal organs and retarding recovery instead of assisting it.

But now that the primary CAUSE of disease has been found to be an obstruction of the electric currents flowing through the nerves, the work of curing and preventing disease is being reduced to a science as exact as that of dealing with chemical or mechanical electricity.

A dim or imperfect electric light means that a switch is partially closed, the wires are down, or some imperfection is obstructing the current so that electricity is not reaching the light bulbs in normal QUANTITY. To remedy this condition remove the obstruction. As soon as the imperfection of the wires is found and removed, the lights become normal.

This illustration applies directly to disease. The body is made up of cells. Each cell may be compared to an electric light bulb. A diseased organ or part is a collection of bulbs (cells) where the light is not coming on perfectly. The remedy here, as in the preceding case, lies in finding and removing the obstruction to the electric current flowing through the nerves. When this current is made normal in QUANTITY—100

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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per cent.—it will cure the diseased organ just as the normal current remedies the defective light.

Again, as the *CAUSE* of a defective electric light is, generally speaking, a *MECHANICAL DISTURBANCE*—often not in the light bulbs themselves where the *EFFECT* is observed, but away off at the switches, or on the wires at some far distant point—so it is with a diseased part in the body.

To show that the *CAUSE* of disease is a minute disturbance in the mechanics of the body, that this cause, this mechanical disturbance, is very generally at a point distant from where its *EFFECT* is observed, and to give the reader a more definite idea of the new method of examination and treatment, and also to show that it is the electric current flowing through the nerves which really heals, I will give a few cases by way of illustration.

**Sciatica.** A woman suffered intensely from pain in the lower back part of the hip, running down the back of the leg to the foot—the course of the sciatic nerve. Diagnosed by the customary, old-fashioned method, her trouble was



pronounced sciatica. Acids in the blood were declared to be the cause. Drugs were prescribed internally and liniments were diligently applied to the back of the leg where the pain was felt. No benefit followed.

An examination by the new method of tracing out the nerves brought out the fact that the nerve fibres which enter into the formation of the sciatic nerve were being "SLIGHTLY PINCHED" between two of the lower vertebræ. These bones had been drawn closer together than normal (the cushion holding them apart being slightly compressed), as the result of a little over-straining of the ligaments which bound these bones together. Little by little, in accordance with the new method of treating such conditions, the vertebræ were separated and put into normal place, the compressed cushion was built up to its normal thickness, after which the pain entirely disappeared.

Here the pain, THE EFFECT, was felt in the leg, but the CAUSE was not in the leg at all, nor in the blood, but in the *BACK*. The cause was a mechanical defect so slight it could not have been detected by any of the old methods of examination.

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This, too, is but a typical instance of the way in which CAUSE and EFFECT by the new method of examination are often found to be widely separated. Here is another case:

**Eyes.** A woman had two pterygiums on each eye for eighteen months. They were treated with lotions dropped into the eye at bedtime each night. Still they continued to grow. Finally she was told that they must be removed with the knife. A minute tracing out of the nerve connections of the eye revealed a SLIGHT mechanical difficulty on a nerve of such proportions that the current from brain to eyeball was partly cut off. This defect was corrected. In a short time the pterygiums disappeared, the eye becoming perfectly clear again.

The CAUSE of the morbid growths lay in the nerve, the EFFECT, however, was on the eyeball. No lotions poured upon the surface of the eye could ever have had any power to help. That was merely a waste of effort, just as if one were to be always tinkering with the apparatus of a refractory door-bell when all the time the real trouble arises from a badly connected wire in the cellar.

To have cut away the growths would have been unavailing. The CAUSE of the disease would have been untouched. The pterygia would promptly have reappeared, as serious as before, if not worse, and thus a second operation would have become necessary soon.

**Appendicitis.** A man was suffering periodically from severe pain in the right part of the abdomen. It was diagnosed as appendicitis and an operation was advised for the removal of the appendix. Tracing out the nerves running from the brain to the appendix revealed a point of intense PRESSURE at a spot where the nerve made its egress from the spine. This abnormal condition was corrected by the new method of treatment, after which the pain ceased and all tenderness disappeared.

**Nervousness.** A woman suffering all of the many annoying and depressing symptoms of nervousness, after taking medicine for years, found that her trouble was due to an imperfect condition of one of the joints in the neck. This abnormality was very slight, but like a small pebble in the shoe, it was sufficient to keep one of the nerves continually irritated. Defective

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neck-joint was the CAUSE, general nervousness the EFFECT.

**Ovarian Trouble.** A woman suffered greatly from pain in the left ovary. The old method of surgical diagnosis maintained that the ovary was diseased and must be removed at once. The new method found the nerves which run to the left ovarian vein "PINCHED" in such a way that the vein was constricted and thus unable to carry the impure blood out of the ovary as it should. Freeing the nerves to this vein enabled it to regain its normal size and to drain the ovary properly. Then all tenderness and pain promptly disappeared.

The *EFFECT* was in the ovary, but no amount of treatment at that point would have set conditions right. The *REAL CAUSE* was far away, and of such a nature that it must necessarily have escaped detection by any of the old methods of examination.

This case also illustrates the cause and cure of congestion generally, viz.: pressure on the nerves which ramify through the walls and constrict the blood pipes which drain the part congested.

**Poor Circulation.** A woman suffered intensely with cold feet and limbs. Her medical doctor maintained that it was "poor circulation of the blood." Tracing out the nerves from the brain to the limbs, it was found that the nerves were "caught up" and "cramped" by a slight slipping of the bones of the pelvis. These bones were reset and the pelvis made true in every way. All pressure from the nerves was thus relieved and the annoying symptom of coldness in the feet and limbs entirely disappeared.

People often speak of having cold hands or feet and attribute their condition to "poor circulation of the blood." The fact is it is the electric current flowing through the nerves which makes the heat of the body. When these currents are normal the heat is normal, when they are decreased to some part, as in the case given above, the heat of that part becomes less than normal. It all depends upon the currents flowing through the nerves, not upon the blood.

The blood is only so much fluid nourishment when pure, or fluid waste when impure, as the case may be. It has no heat in itself except what is imparted to it by the electric currents of the nerves.

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Again, the pipes through which the blood flows are composed of circular muscular fibres supplied by minute nerve threads. Through these nerve threads currents of electricity flow which cause the circular muscular fibres to contract or relax, thus changing entirely the caliber of the blood vessels and greatly increasing or decreasing the quantity of blood in any given part.

The nerve currents increase the amount of blood to a part when the part is in active use, by increasing the caliber of the blood vessels running into it. When the part ceases to be used actively, the amount of blood is at once decreased by making the same blood vessels smaller in caliber. The blood vessels in your stomach walls, for instance, are about four times as large after dinner as they are before dinner. The blood vessels in your brain are about four times as large when you are awake and thinking as they are when you are asleep, etc.

Circulation of the blood and heat of the body are entirely under the control of the electric current flowing through the nerves which supply the walls of the blood vessels. And here as elsewhere, as we have seen in the case just given of

cold feet, and in the case of the congested ovary, the *REAL CAUSE* is generally *SLIGHT* pressure on the nerve controlling the part affected, and also generally at a point distant from where the *EFFECT* is observed.

**Ulcerated Colon.** A woman suffered from a badly ulcerated condition of the descending colon as was evidenced by extreme tenderness on the left side of the abdomen and the passage of a large quantity of mucus, at stool. Internal medication brought no relief. Tracing out the nerves from the brain to the part of the colon affected, revealed that three of the spinal joints in the lower part of the back were in such a condition as to *SQUEEZE* the nerves passing through them to the colon.

These joints were made perfect and the pressure being thus removed from the nerves, the discharge of mucus began to be less and less and soon disappeared from the stools altogether. Here the *EFFECT* was an ulcerated colon, the *CAUSE*, pressure on the controlling nerves at a distant point from where the effect was observed.

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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This case illustrates the power of the current which flows through the nerves to build up diseased parts.

If, for instance, one sustains an injury so that a portion of the skin and flesh is torn away, the electric current running through the nerves to that part, if the current be normal in *QUANTITY*, will replace the tissue cell by cell and in time the part torn away will be entirely restored. If, however, you tear the flesh off a certain part and then cut the nerves running to that part, it will never heal, and gangrene will set in. This as well as all the foregoing cases show that it is the electric current which flows through the nerves that really heals any weak or diseased part.

A part becomes weak or diseased because pressure on the nerves connecting it with the brain reduces the *QUANTITY* of electric power going to it below the normal. That same part becomes strong and healthy when the pressure is removed and the electric power flowing to it becomes fully normal in *QUANTITY*—*i. e.*, 100 per cent.

An old ulcer on the outside of the body heals very quickly when pressure is removed from all



nerves running to it. The same is true of ulcers on the inside of the body—in the stomach, bowels, or any other part.

Make the *QUANTITY* of the electric current going to any weakened or diseased part normal and that current will do all the rest. It will build up ulcerated or broken-down tissue, make the weak part strong, the diseased part healthy.

These random cases, as I have said, are given only by way of illustration out of hundreds or thousands that might be given covering the various forms of disease. But if the newly discovered facts as to what the *REAL CAUSE* of disease is—how *it is found* and how *it is removed*—be understood by the reader it is sufficient.

From these examples it will be seen that two new truths have been brought to light in the treatment of disease. These two truths, while they prove the fallacy of the old method of putting drugs into the stomach, are carrying the blessings of health to thousands.

A little reflection on the cases given will show :

1. That the *CAUSE* in each case was *PRESSURE* on *nerves* resulting from *slightly*

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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displaced or slightly imperfect structures—a spinal cushion slightly compressed, a bone slightly slipped, or slightly drawn from its exact, its proper position, a muscle slightly rigid, a ligament slightly twisted, etc.

2. That the power which cures is not chemicals, drugs, nor foreign substances taken into the stomach, but that power which removes the obstruction to the current which flows through the nerves from the brain and enables it to reach the weakened or diseased part in normal QUANTITY.

People take drugs for liver complaint, or kidney trouble, or stomach disorder, when nine times out of ten the *REAL CAUSE* of the disturbance is not in the liver or kidney or stomach at all, but away off at a distant point on some of the wires (nerves) which supply these organs with electric power. And not only this, but the defect being of a mechanical nature, drugs are as powerless to correct it as they would be to correct a mechanical defect in an automobile. Drugs cannot reset ribs, vertebræ or other bones, muscles, or ligaments that are slightly out of their proper position, and yet for the most

*The New Method of Examination and Treatment.*

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part, work of this kind is what is required to put the defective electric wiring of the body in perfect order.

You cannot cure a disease unless you remove its *CAUSE*. This is what **MANIPULATIVE SURGERY** does and it is this which accounts for its remarkable results.

## CHAPTER IV.

### **Pain an Imperfect Indicator of Bodily Conditions.**

From the illustrations given in the foregoing chapter, it will be seen that pain is not only an imperfect indicator of bodily conditions so far as locating causes is concerned—the cause often being at a point distant from where the pain is felt—but it is also an imperfect indicator of bodily conditions in another and vastly more important sense.

From time immemorial, man has trusted his *FEELINGS* to tell him of his physical condition—concluding always that his health was normal if he felt no distress and suffered no pain.

This theory in the light of the new discoveries of PREVENTIVE SCIENCE is now found to be wholly erroneous for two reasons. First, because your nerves are divided into two halves, and only one of the halves is sensor, *i. e.*, has the power to feel; and second, because while diseases originate in the nerves as we have seen, they originate most generally in the half of your nerves which does not feel.

*Pain an Imperfect Indicator of Bodily Conditions.*

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To further illustrate these facts: The brain is the center of the physical being as we have seen. During life it is continually receiving IMPRESSIONS and continually sending out ELECTRIC POWER. Now, it receives impressions from the body and outside world through the sensor nerves—the half that feels, and it sends out electric power through the motor nerves—the half that does not feel. But we have seen in the preceding pages that disease is caused by an obstruction to the electric current flowing through the nerves FROM the brain, i. e., the motor nerves.

We may sever all the sensor nerves in the body—those running into the brain—without impairing the processes of life, but as we have seen, we cannot sever even one motor nerve running FROM the brain to a vital organ or part without causing instant death. That is to say, a person might be blind; deaf, and unable to smell, taste or feel as the result of all of the sensor nerves being severed, and still live; but the severing of even one motor nerve running FROM the brain to the heart, lungs or kidneys would result in death.

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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The sensor nerves are essential to well being, but not to life. Their work is to gather impressions and send them into the brain. The motor nerves on the other hand, are essential to life. Their work is to transmit from the brain to every part that normal amount of electric power which every part must have in order to perform its functions and keep in repair.

While there is a connection between these two halves of the nervous system, this connection is of such a nature that one may become disturbed without disturbing the other. In other words, one or more of your sensor nerves may become irritated and you may suffer intense pain without it disturbing your motor nerves or your health. On the other hand, one or more of your motor nerve-fibres may become pinched and your health thereby impaired even to the point of causing your death, without it disturbing your sensor nerves in any way, or causing you the slightest pain or distress.

As an illustration of these points, neuralgia of the teeth, face, ears, arms, limbs, etc., while often intensely painful, is powerless to disturb the health so long as the motor nerves remain undisturbed. Hence, it is not at all

*Pain an Imperfect Indicator of Bodily Conditions.*

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uncommon to meet people who have suffered pain in some part more or less constantly for ten, twenty, thirty or even forty years, although the health aside from the pain throughout the years has been excellent. In these cases, the defect being in the sensor nerves and not extending to the motor nerves, the health remains unimpaired.

On the other hand, a person drops dead from heart disease, or becomes unconscious and dies from a stroke of apoplexy without ever having had the slightest pain or distress. Here, the defect being on the motor nerves and not extending to the sensor nerves, death was the first warning that the health was in any way impaired.

These cases show that if you have pain there is something wrong, but they also show that something may be wrong, and very radically wrong, without the slightest pain or ill feeling to warn you of your true condition.

Again, there is what may be termed a PREPARATORY STAGE, which precedes all diseases, without which no disease is possible and this is always painless, as it takes place in the motor nerves. In order to understand this more fully, let us take a man in perfect physical con-

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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dition, and see how the theory can be demonstrated.

If the subject is in perfect condition, a full, steady current of electricity is flowing FROM the brain through the nerves, and in such volume as to give to every organ, gland and part, one hundred units of electric power. So long as he remains in this condition he is proof against all diseases not caused by specific poisons. He may drink water containing typhoid germs or breathe the germs of pneumonia or consumption into his lungs without receiving the slightest harm. He is germ proof.

Now, from a fall, a lift, an awkward position in sitting or standing, from a slight jerk in a car or carriage, or any of a great number of other causes, let us suppose that the muscles at the spinal joint through which the nerves pass from the brain to the intestines become irritated and contract. What would be the result? We have seen that there is a thick cushion, resembling soft, porous rubber, placed between each two bones of the spine to hold them apart. We have also seen that the contraction of the muscles which run from one of these bones to the other, results in pulling the bones closer together than



*Pain an Imperfect Indicator of Bodily Conditions.*

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is normal, and squeezing or pinching the nerve which passes between the bones of that joint.

The nerve being squeezed where it passes between these two bones of the spine, the electric current flowing from the brain through it is obstructed at that point, so that the intestines instead of receiving their full 100 units of electric power, now receive only 90, 80, 70, or 60 units. The circulation of the blood through them becomes disturbed. The tearing down and building up process is rendered imperfect and they become generally weakened.

Our subject is now in the PREPARATORY STAGE for any or all diseases which attack the intestines. If he drinks water now containing the germs of typhoid, these germs find the defenses of the intestines down, and the intestinal tissue weakened. The germs take possession, and the man comes down with typhoid fever.

If instead of the one described, the joint affected was the one through which the nerve passed FROM the brain to the lungs, the result would have been a PREPARATORY STAGE for diseases which attack the lungs. To take the germs of pneumonia or consumption into the lungs then would set up the disease, etc.

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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The *PREPARATORY STAGE* of disease therefore is a stage of weakness—a stage where, owing to an obstruction on the nerve connecting a certain part with the brain, that part receives 90, 80, 70, or 50 units of electric power instead of its full 100 units, and thereby becomes weakened and liable to diseases to which it is not subject so long as it receives its normal quantity of power.

Now the point to remember in this connection is, that the nerves which run from the brain *to* a part are motor nerves—the kind that do not feel—and this process of squeezing them and reducing the electric power of a part is, therefore, as I mentioned, painless. While sensor nerves may be involved, the condition of reducing the power of a part must take place in the currents *OUTGOING* from the brain, and *OUTGOING* currents flow through that half of the nerves which does not feel. Hence it is, that you may be in the *PREPARATORY STAGE* of disease, and this stage may advance through months and even years and finally result in instant death without you ever having had the slightest pain. Sudden death from heart disease or apoplexy is now found to be only the climax of the *PREPARA-*

*Pain an Imperfect Indicator of Bodily Conditions.*

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TORY STAGE, which in most cases has been gradually coming on in the motor nerves for years. Death in these cases is sudden, but the condition which results in death is not sudden. It is the culmination of slow development.

Not only in heart disease and apoplexy, but in many diseases, the first stage is painless. Paralysis is rarely attended by pain. The first stages of nearly all diseases of the kidneys are painless. The first stages of consumption are painless. The beginning of tumors and growths of all kinds is painless. Tumors and growths are generally of some size before they are noticed, and when they are noticed, nine times out of ten it is the result of accident. The reason of this is that they begin in the motor nerves.

Hence, it is seen that pain is indeed an imperfect indicator of bodily conditions. Preventive Science does not trust to it. It has developed a method of examination and treatment which goes beyond the pain signal. Where pain exists, it does not allow itself to be misled as to its true cause, since we often find this cause at a distant point from where the pain is felt, as we have seen. And, what is of greatest importance is that the new method

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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of examination and treatment extends to the motor nerves—to those nerves which do not feel—detecting and correcting those slight imperfections in them, which are the cause of that FIRST STAGE of weakness without which no disease is possible.

These new discoveries of *PREVENTIVE SCIENCE* will soon change our habits and methods of life, and also the work of the physician. Instead of giving our body no attention until we suffer pain and are taken down with disease, and then sending for a doctor to cure us, every one will undergo a careful physical examination frequently, from the standpoint of these new discoveries. Every physician must master the new method of examination and treatment, and it will become his work to keep his patients well.

Skilled mechanics are employed to keep the engines which draw the Twentieth Century Limited—the fastest train in the world—in perfect order. The speed of this train is so great, and the time of the men who use it, so valuable, that every precaution is taken to prevent an accident or a breakdown. The engines are gone over after every run and put in order to the minutest detail.

*Pain an Imperfect Indicator of Bodily Conditions.*

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Nothing is left to chance. Now, every man, woman and child is, so to speak, an engine drawing a Twentieth Century Limited express. Life is too short and time too valuable for this fast train of life to have to stop and undergo repairs for weeks, months or years in sickness, when this can be prevented. The physician simply must keep these living engines in order. In the future the physician who allows those under his care to get sick will be called upon to explain just as the master mechanics are called upon to-day to explain if their engines are not in order.

This is an entirely new way of looking at the work of a physician, but the new facts of PREVENTIVE SCIENCE make it possible for him to do this work, and he must do it. We already have this practice in dealing with PUBLIC HEALTH officials and epidemic diseases. If an epidemic of smallpox is threatened, the Mayor, the Press and the Public demand an explanation immediately. We know that these diseases can be prevented, and if they are not prevented we must know who is at fault.

The individual in the future will assume this same attitude toward the physician in whose hands he has placed the keeping of his health and

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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the health of his wife and children. The individual will know that disease can be prevented, and if it is not prevented he will demand an explanation of the physician in charge.

In this new field, the physician will not be able to look after as many families as he does to-day, but he will do vastly more for those he does take charge of. He will study the breathing, the diet, the exercise, etc., of each individual under his care, examine each one frequently, tracing out all the nerves, both motor and sensor, and by so doing he will prevent that **FIRST WEAKNESS** of the heart, lungs, bowels, kidneys, etc., which is the first step toward disease—a weakness which so many have without knowing it.

The physician will do all this work, and without any reference to the question of pain. For, as pain in a tooth comes frequently only after much damage is done, and the tooth is greatly decayed, so pain in the body, especially in a vital organ, is often the signal of a disease far advanced.

**PREVENTIVE SCIENCE** now goes beyond the sensation of pain, and not only prevents it, but prevents the disasters which would follow it, as well as those other and greater disasters which

*Pain an Imperfect Indicator of Bodily Conditions.*

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develop without warning in the half of your nerves which does not feel—the half which has no pain.

## CHAPTER V.

### **How to Increase or Decrease Your Weight.**

It is of vast importance in preventing disease to see that the weight does not deviate too far from normal. Life insurance statistics show that those who deviate more than twenty-five pounds either way from normal have a higher death rate than those within the normal. They are dangerous risks because their condition is abnormal.

It has now been found that both underweight and overweight are not only abnormal conditions but both are a form of disease due to an imperfection in the nerves controlling assimilation. When these nerves are put in perfect order the disease is removed, the assimilation becomes normal and with normal assimilation there is a loss of weight in those unduly heavy and a gaining of weight in those unduly light.

These facts have been demonstrated in a vast number of cases. Both men and women have had their weight increased or decreased sometimes as much as forty or fifty pounds by this new science of correcting the nerves controlling assimilation. The results are remarkable—the



*How to Increase or Decrease Your Weight.*

**What You Ought to Weigh according to Your Age and Height.**

AGES		15-24	25-29	30-34	35-39	40-44	45-49	50-54	55-60
Ft. 6	In. 0	120	125	128	131	133	134	134	134
	1	122	126	129	131	134	136	136	136
	2	124	128	131	133	136	138	138	138
	3	127	131	134	136	139	141	141	141
	4	131	135	138	140	143	144	145	145
	5	134	138	141	143	146	147	149	149
	6	138	142	145	147	150	151	153	153
	7	142	147	150	152	155	156	158	158
	8	146	151	154	157	160	161	163	163
	9	150	155	159	162	165	166	167	168
	10	154	159	164	167	170	171	172	173
	11	159	164	169	173	175	177	177	178
6	0	165	170	175	179	180	183	182	183
	1	170	177	181	185	186	189	188	189
	2	176	184	188	192	194	196	194	194
	3	181	190	195	200	203	204	201	198

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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general appearance being wonderfully changed, and what is of more importance, the general health greatly improved. They were taken out of the *DANGER CLASS*—out of the *PRE-PARATORY STAGE* of disease.

You should see to it that your weight is within the twenty-five pound limit of the normal, as indicated by the table given herewith. To be otherwise is to be in a condition to invite disease rather than prevent it.

It should also be stated that all drugs advertised to reduce the weight should be avoided as injurious to health and dangerous to life. Drugs cannot put a machine in order that is out of order. They cannot remove pressure from nerves that are being squeezed. And yet work of this kind must be done in order to remove the cause of these abnormal conditions. Drugs reduce the weight in these cases by depressing and paralyzing the nerves controlling digestion. They do not remove the cause of the condition and when their effect is fully removed from the system the weight soon increases to what it was before, unless the drugs have partially paralyzed the nerves of assimilation which is a condition infinitely worse than excessive weight.

## *How to Increase or Decrease Your Weight.*

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Preventive Science does this work naturally without drugs or any artificial means, by putting the nerves of assimilation in perfect order, and when this is done—when the nerve currents are made normal—the weight becomes normal and remains so.

Abnormal weight results in weakness the same as any other abnormal condition results in weakness. It is the PREPARATORY STAGE of heart disease, apoplexy, etc., in those unduly heavy—the PREPARATORY STAGE of pneumonia, consumption, etc., in those unduly light. To prevent these diseases you must prevent all the conditions which make them possible and abnormal weight is one of them.

See to it that you are normal in weight as well as normal in every other way.

## CHAPTER VI.

### **The Prevention of Tumors and Operations.**

We have seen that the electric current flowing from the brain through the soft, jelly-like, axis-cylinder of a nerve to a part not only gives that part power to perform its work, but tears it down and builds it up cell by cell and keeps it continually renewed. The essential to a part being kept in perfect condition is that this electric current must reach it in normal QUANTITY.

When this electric current flowing through a nerve is obstructed or disturbed by pressure, the result does not always manifest itself in the same way by any means. In fact, the great variety of ways in which an obstructed current does manifest itself gives rise to all the different forms of disease and is one of the most remarkable phenomena in the world.

Sometimes the result of an obstructed current is a slight weakness of a part or organ to which the nerve goes. Sometimes it is numbness, or perhaps partial or complete paralysis of the part. Sometimes it results in the tissue of the part

breaking down and wasting away as in ulcers—ulcers of the stomach, intestines, liver, kidneys, etc. And sometimes it results in abnormal growths, tumors, etc.

I gave an account in a previous chapter of growths appearing on the eyeball; of their treatment by the old method of dropping fluid drugs on the eyeball; of the proposal to remove them by the knife, and finally by the new method of examination of finding a defect on certain nerves at a distant point from the eye; of correcting this defect and the disappearance of the growths, the eye becoming in every way normal.

This case, while it illustrates the new method of treating the eye, also illustrates how this new discovery—that life is maintained by an electric current flowing through the nerves—brings into view, as if by a great search light, that which heretofore has been obscured in utter darkness, *i. e.*, the CAUSE, CURE, and PREVENTION of abnormal growths.

A tumor is an abnormal building of tissue. It is often far advanced before its presence is realized as it originates in the motor nerves. And while many different kinds of tumors and growths are described in books dealing with this

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subject, these differences are but the different manifestations of the same cause, viz.: an obstructed electric current.

An obstructed, imperfect nerve current under certain conditions builds abnormal tissue which we call a growth or tumor. Remove the obstruction, make the imperfect current perfect and that PERFECT CURRENT will tear down cell by cell all the unnatural tissue, remove it, make the part perfect, and keep it so. These facts have been demonstrated not only with small growths on the eye, in the neck and breast, but also with growths of enormous size in the abdomen.

It must not be supposed that this method of removing tumors and growths is miraculous. It is not. The normal current is continually tearing down imperfect tissue and continually replacing it, so that it is now estimated that the entire body is torn down and rebuilt, not every seven years as was formerly supposed, but at least every two years. Under certain conditions when the current becomes abnormal it builds abnormal tissue, and to tear this down and remove it is but the legitimate normal work of the normal current.

AGAIN.—It is important to note that the defect on the nerve which caused the abnormal growth on the eye was at a *DISTANT POINT* from where the growth appeared, and this is now found to be the case in practically all growths.

In view of these new facts we see why it is that so many operations prove futile—why so many who are operated upon are told in a short time that another operation is necessary, and this process repeated until five or six operations have been performed.

The facts are a growth, like any diseased part, is always an *EFFECT*, and its *CAUSE*, as mentioned, is often at a distant point from where the growth appears. To cut out the growth therefore and leave the *CAUSE* undisturbed, is to have the growth reappear calling for another operation.

To cut out part of the body is not only a very unnatural process, but it is a great shock to the nervous system and invariably results sooner or later in weakness.

To make normal the electric current flowing through the nerves to a part, is to remove all abnormal growths in a natural way—to keep it normal is to prevent them.

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These facts are now being demonstrated, and the time is not distant when the indiscriminate operations of to-day will be looked upon with a greater degree of amazement than that with which we now view the practice of bleeding and blood-letting which prevailed one hundred years ago.



## CHAPTER VII.

### **General Rules for the Prevention of Disease.**

The prevention of disease is a distinct triumph of science over superstition. So long as men believed that epidemics of smallpox, etc., were sent by Providence, it was, of course, considered useless to attempt to prevent them. It was only after one or two men, differing in their beliefs from all the rest of the world, after scientific research, discovered the CAUSE of these diseases and proved by actual demonstration that they could be prevented by preventing these causes, that people generally began to relinquish their superstitious beliefs that these scourges were sent by Providence.

While all men now recognize the fact that epidemic diseases are the EFFECTS of certain CAUSES and can be and are prevented, there still remains in the minds of most people, even to-day, a notion with reference to INDIVIDUAL diseases, which if not the same is closely akin to that which was held by people in the past with reference to epidemic diseases. Perhaps it is not so much a belief to-day that these

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INDIVIDUAL diseases are sent by Providence as it is the acceptance of a sort of fatalism. If one has an attack of smallpox now, he feels that this is something which could have been prevented and should have been, but if he has pneumonia, typhoid fever, defective kidneys, a diseased liver, rheumatism, or any other INDIVIDUAL disease, he looks upon this as the result of fate, or chance—as something, which if not sent by Providence, is the result of “ill luck” or “misfortune,” etc.

This is altogether natural. It is natural for man to attribute effects, the causes of which he does not understand, to chance, fate or Providence. And, as the cause of INDIVIDUAL diseases has only recently been discovered, it is but natural that his reasoning with reference to these diseases should be illogical. But now, however, that the cause of these diseases has been brought to light (*PRESSURE ON NERVES*), he will soon reason as logically with reference to these as he now reasons with reference to epidemic diseases. He will soon dismiss his idea that rheumatism, etc., are the result of “fate” or “chance,” just as people in the past dismissed their belief that epidemics were sent by Provi-

*General Rules for the Prevention of Disease.*

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dence. He will see that there is no mystery connected with any disease, but that each and every one of them is the EFFECT of a definite CAUSE, and that each and every one of them is preventable.

Just as the work of preventing epidemic diseases is the work of preventing the generating and scattering of the various forms of contagious poisons which produce them, so the prevention of INDIVIDUAL diseases is a work of preventing the various forms of *PRESSURE ON NERVES* which produce them.

The most important lesson for the individual to learn in this new work is that *PREVENTION* means *PREVENTION*. It means to get ahead of the disease, to forestall it, to ward it off, to make the conditions of the body such that disease can get no hold—that it is impossible. In order to do this, the great custom of doctoring which now prevails must be altogether changed as we have elsewhere explained. You cannot, by the new custom, wait until you are suffering, until you are confined to your bed and then

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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send for the doctor. This is the old method of cure. The new method of prevention means that you must see your doctor from time to time while you are well, and he must keep you in such a condition that you will not be subject to any form of pain or any kind of disease. This can be done, but it must be done while you are well. It is not prevention, if you wait until you are attacked by pain or sickness and then seek a cure.

And again, you cannot trust to your feelings in this matter because only half of your nerves feel, and all fatal diseases, as we have seen, begin in that half of your nerves which does not feel. Also the PREPARATORY STAGE OF DISEASE takes place in the motor nerves and is painless. No, you cannot trust this work to your feelings. You must avail yourself of the new science of tracing out, examining and treating the nerves, which science goes far beyond the sensation of pain. And you must do this while you are well, just as a city or state does the work of preventing a smallpox epidemic when there is no indication of the disease.

*General Rules for the Prevention of Disease.*

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PREVENTIVE SCIENCE says, "Commence the new treatment for prevention at once. Do not put it off. Commence it at once and keep it up." But you say is not this idea of doctoring when one is well, and keeping it up going to be an exceedingly expensive programme for the average person to carry out? The answer is "No, it is not—not in the slightest." In fact, instead of it costing more than cure, it will cost infinitely less. Reckoned from the basis of a general average (this being the only correct way of considering it), it will be found that the present method of cure is perhaps one hundred or one thousand times more expensive than the new method of prevention will be.

The expense of calling upon your physician now and then in order that he may keep you in perfect condition will be slight. So slight, in fact, as to be within the reach of every one. It is not an expense that will be felt even by the poorest. To run on, however, without any attention until a disease has developed before you realize it, in the half of your nerves which does not feel, then to get down sick, to give up business, to become a sort of half invalid or die while you should be in your prime—these are the things that cost,

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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that are expensive—so terribly expensive, in fact, that no one however rich can afford them.

Although it costs the city something to employ public health officers constantly and do the work necessary to prevent epidemics, this cost is nothing when compared with the cost in money and life of an epidemic such as prevailed in former times.

No, the cost of the new work of prevention will be indeed slight compared with the cost of the old work of cure. But in order to prevent disease you must commence this new work in time—while you are well. Keep your nerves always in perfect order—always in perfect tune, so the electric currents flowing through them shall be always normal and you will finish your full cycle of life and finish it without pain, sickness or invalidism.

The body being an electrical mechanism, and the electric currents which run and control it being transmitted from the brain to all parts by the nerves, it follows that a perfect condition of the nerves is a matter of primary importance. And still in the great work of preventing disease and keeping well, there are, of course, other things which must be considered. A few gen-

## *General Rules for the Prevention of Disease.*

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eral rules covering the main essentials for this new work may be given as follows:

### **I. Keep All of Your Nerves Free from Pressure.**

In order to do this, there must be no rigidity of muscles, no imperfection in the frame work or other parts of the body. The cushions of your spine must be kept fully up to their normal thickness, the whole spine limber and supple with perfect motion at every joint. The spine should be kept as free and limber in age as it is in youth. Stiffness generally comes on unawares, because the conditions which produce it take place in the nerves which do not feel. Stiffness of the spine means compressed cushions, squeezed nerves, obstructed currents, weakness, disease. Keep the electric wiring of your body in perfect order.

### **II. Learn How to Breathe.**

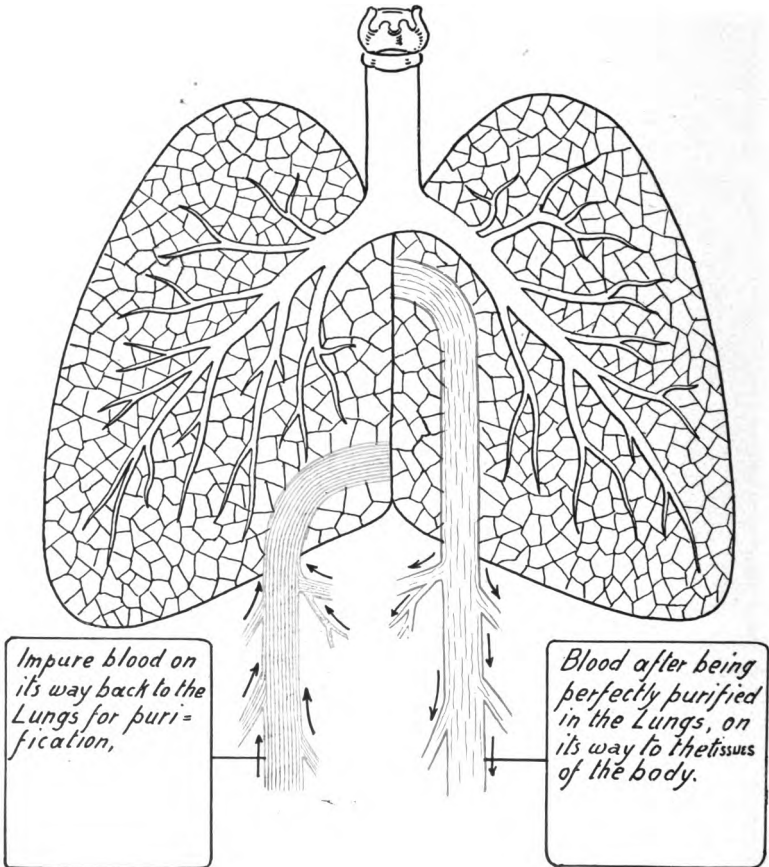
About one-fifth of all deaths are caused by lung diseases—consumption, etc. From extended tests it has been estimated that more than half of the people do not





## STRONG LUNGS

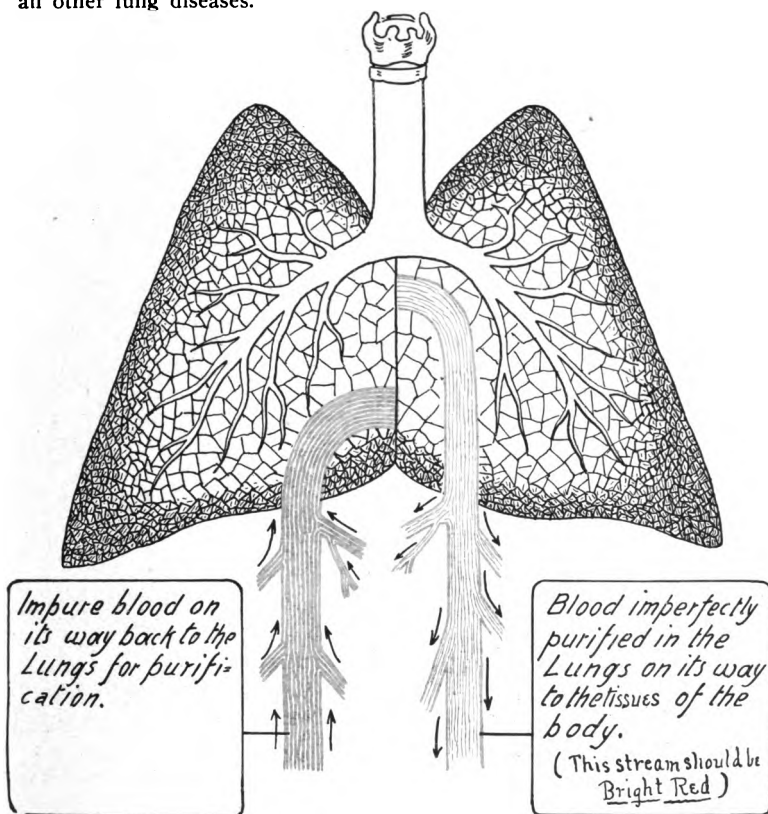
—the kind that goes with perfect full breathing and perfect nerve currents, the kind that are immune to consumption and all other lung diseases.



God created the lungs and placed them in the human body for the purpose of purifying the blood. They are composed of about seven hundred millions of air cells, and it requires the combined action of all of these to purify the blood perfectly. The blood, laden with impurities, pours into these purifying reservoirs, a dark, muddy blue in color, but it leaves them, in health, a bright red. If only a part of the lung cells is used the blood will be imperfectly purified and the unused cells will become weak, falling an easy prey to the many diseases which attack

## WEAK LUNGS

—the kind that goes with imperfect, shallow breathing and obstructed nerve currents, the kind that falls an easy prey to consumption and all other lung diseases.



the lungs, and which, in the average, carries off one out of every five human beings. The nerves controlling the lungs being free, our lung cells will be exactly what we make them. Practice deep, full breathing. It becomes a habit in a short time.

Drug blood-purifiers are wholly erroneous.

Great progress is now being made in the work of preventing consumption. Intelligent people are seeing to it that the nerves running from their brain to their lungs are free from pressure and that their lungs are receiving their full 100 units of electric power. They are also learning the art of perfect breathing and these measures, together with fresh air, sunshine, etc., will finally prevent this dread disease altogether.



*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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breathe correctly and yet perfect breathing is something that can be mastered by every one and in a comparatively short time. Parents must see to it that their children learn to use their diaphragm in breathing, use every lung cell at every breath and thereby develop a full chest, soldierly bearing, etc. Breathing is a fine art, but it is an art that can be acquired in a short time by every one. Take your watch and practice breathing slowly and fully ten times per minute. Learn to use your diaphragm. It is one of the greatest health habits you can form. Consumption cannot be prevented until people learn how to breathe.

**III. Eat Lightly.** After perfect breathing, the next most important health habit you can form is that of EATING LIGHTLY. The object of eating is to supply material to rebuild tissue that has been torn down. Whatever we eat more than the amount necessary to rebuild tissue that has been torn down is WASTE and taxes the whole system to throw it off. Always get up from the table feeling that you did not eat quite enough. The selection of foods suitable

## *General Rules for the Prevention of Disease.*

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to one's special condition is a matter of vast importance, but it can be done only after a careful study of one's condition. **EATING LIGHTLY**, however, applies to every one. Rest and be perfectly quiet for a little time after each meal.

**IV. Learn How to Use Water.** The body is about eighty per cent. water. Your bowels and your system generally demand at least four glasses of water each day. Study your condition and learn how to use the "Mixed Bath" as it applies to yourself. The "Mixed Bath" is the application of hot water to one part of your body and cold to another part at the same time. It influences the nerve and blood currents between the points and is of great benefit in both curing and preventing disease.

**V. Learn How to Exercise.** Every one should exercise five minutes upon going to bed at night, and also upon rising in the morning. The idea should be to maintain the normal, not to develop the abnormal. In your work, whatever it is,

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you use some parts of your body more than other parts. You should take a few simple exercises night and morning to overcome this tendency, and maintain harmony throughout all parts of your body.

**VI. Study Preventive Science.** In matters of health as in everything else, "*KNOWLEDGE IS RICHES.*" Increased knowledge has already added four years to the average life in the past few years, and it is going to solve still further the great questions of health until long life is the rule and not the exception. You are in the business of living and you must study that business. It is too important a matter to trust wholly to some one else. You must know something about the body yourself. You must study your body at least as closely as you study your automobile. You must know something about how to run the human machine: what to put into it, and what not to put into it. You must take up the question of "How to Keep Well" and study it. You cannot afford to follow the old method of stumbling along in the dark with weakened or diseased organs or parts until you are down and

*General Rules for the Prevention of Disease.*

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helpless, and then try to find a cure. Where one reached old age in the past by mere accident, one thousand will reach it in the future by learning how to live, and by studying the great question of prevention.

**VII. Learn the Science of Right Thinking.** Think health, success and long life, and do not allow yourself to think sickness or failure. If you are sick, think health, think you are going to be cured and you will be. "As a man thinketh in his heart, so is he." Your thoughts affect your happiness, your health, your success, your life. In general terms you get what you think. Like produces like. Every one is seeking the same object, and that is the attainment of happiness. In order to obtain happiness, you must give happiness. To be happy yourself, you must make others happy, because finally **YOU WILL REAP WHAT YOU SOW.**

**VIII. Conserve Your Electric Power.** What has been called "Vitality" is now found to be electricity as we have seen. This electricity is

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being continually generated and continually used throughout life, and one of the essentials of health is that the amount used must not for any considerable period of time exceed the amount generated.

Overwork, overeating, loss of sleep, taking liquors, drugs or any other foreign substances into the body which the body cannot use, abuse of any organ or part, dissipation, worry, etc., all use electricity more rapidly than it is generated, and in time they undermine the health and invite disease. Do not indulge in any form of dissipation. Be regular in your habits. Do not spend more electric power than you create.

**IX. Smile and be Optimistic.** This is one of the most important statements that can be made for the preservation of health. Worry, fear, anxiety, pessimism, moroseness, all draw on your electric power and lower it, while laughter, optimism, cheerfulness, etc., add to it.

Do not allow your mind to dwell on the dark side of things. Be hopeful, be optimistic, do right, have faith in yourself and keep working



and it will help you, not only in matters of health, but also in other ways.

**X. Sleep at Least Eight Hours Out of the Twenty-four.** It is remarkable how closely health and long life are linked with sound, eight hours of sleep. It is now known that sleep lost is not as readily made up as is commonly supposed. It takes the system weeks to fully recover from a few nights of lost or broken sleep.

Regularity of habits and eight hours' sleep out of the twenty-four are of utmost importance in keeping well.

**XI. Take No Drugs Into Your Body.** The greatest physicians now give the least medicines. The old theory that drugs could cure disease is now seen to be a great fallacy. What is disease? We have seen that, generally speaking, it is a **MECHANICAL DEFECT** somewhere on the nerves running from the brain to the part diseased. Can a drug correct a mechanical defect? Can a drug trace out the electric wiring (nerves)

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of the body, find the point where pressure exists and remove that pressure? Your answer is, "No!" And yet this is what must be done to cure.

Whiskey may excite, or opium depress you temporarily, but neither has any power to put the mechanics of the body in order, and this must be done in order to cure. All drugs excite or depress the system, but none of them have any power to cure disease. The best physicians, realizing this fact, are now turning to methods more scientific.

Within the body there are thousands of glands, all of which manufacture a different fluid, and these glands can, and do manufacture everything the body requires out of simple food. Every drug as well as every antitoxin which the body requires it can make. These glands manufacture fluids from which the bones, nerves and all other tissues of your body are made. When any of them fail to work perfectly, the thing to do is, not to swallow a drug, but to examine the wires (nerves) connecting them with the brain.

If your automobile is in perfect order, it will run smoothly. If it does not run smoothly, there is something wrong with it which a drug cannot

fix. This philosophy applies to the body in health and in disease.

Many people have lost their life by taking a headache powder.

### **XII. Do not Trust Your Health to Your Feelings.**

You cannot tell the condition your health is in by the way you feel. This fact is now established beyond dispute, not only by science as we have shown, but also by the facts of every-day experience. Only recently a great man in New York City dropped dead while he and a number of friends were enjoying themselves at a public entertainment. Again, a lady and her husband were enjoying an automobile ride. She spoke to him, he did not answer. He had died instantly while driving the car, his hands still on the guiding wheel. I mention these cases only by way of illustration. Similar cases are occurring all the time. People who are seemingly perfectly healthy are stricken down with appendicitis, pneumonia, apoplexy, heart failure, etc. In all of these cases, that which SEEMS to be true is untrue. That which appears to be a sudden beginning is in fact a climax, an ENDING—the

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culmination of imperfect conditions that have been coming on for months or years in the motor nerves—the nerves which give no warning however imperfect their condition may be.

Your sensor nerves may all be in perfect order and you may feel that your health is perfect, and yet there may be at the same time, a **PRESSURE** on one or more of your motor nerves, which is gradually reducing the quantity of electric power flowing to some vital organ, and which sooner or later will bring you down suddenly to a spell of sickness, or destroy your life.

To prevent disease, all the electric wires of your body, both motor and sensor, must be kept in perfect condition, so that the electric currents may flow through them in normal quantity. Your feelings can be relied upon to announce defects occurring in your sensor nerves, but they cannot be relied upon to announce defects occurring in your motor nerves. Here your feelings must be supplemented by *PREVENTIVE SCIENCE*, by the new method of tracing out and testing from time to time the true condition of these motor nerves—these nerves which do not feel.

*General Rules for the Prevention of Disease.*

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If these simple rules, as well as all others here-with given are followed, *individual diseases* will become less and less numerous each year and at least twenty years will be added to the average life.

## CHAPTER VIII.

### General Remarks.

Civilized man has already won the victory over epidemic diseases. These he now prevents. The fight now is with INDIVIDUAL diseases, and these he is going to prevent. Diseases of all kinds are to be conquered and driven from the earth.

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The time is coming when there will be no more sickness. Science and higher civilization are going to triumph over all the forces of disease.

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The first essential in this great fight is to change the custom of doctoring. All doctors must master the new method of treatment, and take up the work of keeping their clientele well. The old custom of cure is always on the defensive. Its object is always to wait until disease makes an attack. The new custom of prevention is aggressive. Instead of waiting to be overcome by disease it marches forward and attacks it.

### *General Remarks.*

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The secret in this new method of prevention lies in building up and developing your "Weakest Organ" before it breaks down. In this way, a stitch in time saves, not nine, but ninety-nine. To neglect your "Weakest Organ" now, means that you must take time to be sick later.

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Your body as well as your automobile needs to be carefully gone over from time to time and kept in perfect MECHANICAL ORDER. This work in dealing with the human body requires the highest degree of MANIPULATIVE SURGERY—the kind of surgery that finds and corrects the slightest mechanical defect, without the letting of blood and without pain.

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Your mind may be strong and your thoughts ideal, but if there is pressure on the nerve threads which run from your brain to your bowels, you will be CONSTIPATED. To remove the pressure from these nerve threads means both cure and prevention.

*Your nerves must be in perfect condition—free from pressure—or you cannot remain well.*

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The savage tribes of Africa still suffer from the ravages of smallpox and other epidemic diseases. Prevention is a work which can be understood and applied only by civilized people—people who can reason from cause to effect, and who can see that a “Weak Part” if neglected, means a breakdown later.

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The average length of life has already been increased more than four years since epidemic diseases have been prevented, and with the prevention of INDIVIDUAL diseases at least twenty years more will be added to the average length of life.



## **Addendum.**

### **The Diseases of Your Father and Mother Point to Your Weakest Part.**

The wonderful results which have already been accomplished by this new method of curing and preventing disease have caused a vast number of people to seek additional information with reference to it—especially as it applies to their own condition.

There are two phases of this subject which every one should study and understand.

**First, The known “weak parts” in one’s self.**

**Second, The known “weak parts” in one’s parents—as these are almost sure to be weak in the offspring.**

No one is equally strong in every organ and part. Every one has some *weak point*, some *weak organ or part*, whether he realizes it or not.

We are the offspring of our parents part for

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part. That is, each part in the parent begets a corresponding part in the child. The lungs, for instance, of the child are woven from atoms of lung tissue taken from each of the parents. The heart of the child is woven from the heart material of the parents, and so it is with every organ and part of the body.

We do not inherit the diseases of our parents directly, but as each and all of our organs are woven from material taken from the corresponding organs of their bodies, it follows that there is a strong tendency for us to be strong where they are strong and weak where they are weak. If their lungs were weak, if they died from some form of lung disease it behooves us to take steps to strengthen and develop our lungs. Likewise, if they died of a disease affecting the kidneys, the bowels, the liver, stomach or heart, the corresponding organ or organs in us should receive special care and attention. Though they may show no signs of being diseased they are likely to be weak and should be strengthened to forestall and prevent a breakdown.

### *Addendum.*

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In a general way, the diseases of our parents indicate to us our own "*weakest parts*" or organs. By knowing what our weakest organ is, and taking steps to strengthen it, we can, if we begin in time make it strong. But this work must be begun in time—long before there is any indication of disease.

In order, therefore, that all may study their own condition in the light of this new science more intelligently, an Educational Chart has been prepared which represents TO THE EYE the location of the various organs of the body, the electric wires (nerves) which control them, and thus the causes of disease and what must be done in order to cure and prevent them.

Pictures make quick and lasting impressions on the mind.

The chart may be said to be the "Compass" of disease, pointing out to both patient and doctor, the true direction of both cure and prevention.

The old tendency of being unmindful of disease until it makes an attack and drags one down, and then blindly trusting everything to

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a doctor is beginning now to pass away. Intelligent people are beginning now to seek information in matters of treatment, to ask questions, to call for reasons. This is as it should be. It means that the present disastrous system of drugging and cutting must pass away and give place to methods which are scientific and which prevent as well as cure disease.

Laymen will not master the details of the healing art. This is not to be expected. But they will master the generalities of it. They will master its main principles so that they will refuse to take a long line of poisonous drugs into their stomachs for a pain which they know is caused by some MECHANICAL PRESSURE on a nerve. They will learn the cardinal points of the "Compass" with reference to disease and they will refuse to go south when they know they should go north.

No one can so fully appreciate the great value of knowing these *first principles*, as he who has tried one remedy after another for years in a vain effort to find relief from nervousness, rheu-

### *Addendum.*

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matism, constipation, sick headache, indigestion, asthma or other ill, and then finds that a cure has all the time lain right at his very door had he only been able to recognize it.

We cannot know too much about ourselves, nor the first causes of disease, for here as elsewhere, "Knowledge is power."

Sickness is always expensive, but knowledge which enables one to prevent it costs but a trifle.

Every one whether sick or well by studying *The Educational Chart for the Prevention of Disease*, with reference to his weak points, may learn what is necessary to be done in his own case in order to prevent and ward off disease.

Every intelligent person should learn the main points of this new science—of GETTING WELL and KEEPING WELL. Health and life, in the light of modern civilization and modern intelligence, are matters too important to leave wholly to chance or to a doctor. Each one must learn the essentials for himself.

This fight against disease from the preventive

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standpoint is now under way all over the country. Discoveries made in the laboratories of scientists have already been embodied in a special course at Yale, Cornell and Columbia, while universities in most all the other states are rapidly preparing to adopt similar courses.

On May 12th, 1909, one hundred thousand pupils of the Boston Public School, for the first time, observed "Health Day"—a day dedicated by special services to the great work of prevention.

The work has also been taken up by the Clergy and is spreading through the various churches. The movement is becoming national. Starting with our greatest scientists, taken up and advanced by university presidents, ministers and educators, the object now is to extend its blessings to every home in the land.

Prevention is now the word of the hour everywhere—among the intelligent classes. Scientists and intelligent people everywhere now see that the only proper way to fight disease is to forestall

### *Addendum.*

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it—to develop the “*weakest organ*” before it breaks down.

Those who have been seeking additional information on this great subject will find the Educational Chart, given in miniature on the opposite page, of special value—it being to the study of this subject what a map is to the study of the geography of a new country. It is also especially helpful to school children in their study of physiology, and to everyone interested in any way in the subject of KEEPING WELL.











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